

# Adult Sports



## Adult Fencing

(Ages: 17 & over) Try out this new program! Our trained instructors teach you the fundamentals of this sophisticated sport. Learn stances and how to foil. At registration you can opt to rent equipment or bring your own. Take this opportunity to get off the couch and learn something new. Class size is limited, sign up today!

**4444.102** Tu, 14-Sep to 19-Oct 8:00 PM - 9:00 PM

**4444.104** Tu, 2-Nov to 21-Dec 8:00 PM - 9:00 PM  
Community Center Instructor: Taylor-McNally, Dan  
\$60 City, \$65 Non-City Resident  
Registration Begins: 8/24 City 8/31 Non-City

## Homeschool/Family Fencing

(Ages: 8 & over) Homeschoolers - try something new and fun! Our fencing instructor will teach you the basic stance and how to lunge. At registration you may opt to rent equipment or bring your own. Class size is limited so register early!

**4400.202** Th, 16-Sep to 21-Oct 12:30 AM - 1:30 PM  
Community Center Instructor: Taylor-McNally, Dan  
\$60 City, \$65 Non-City Resident  
Registration Begins: 8/24 City 8/31 Non-City

## Women's Volleyball

(Ages: 18 & over) Our recreational league is for women 18 years of age and older and is designed for those seeking exercise, skill development, and FUN - not high level competition. All games will be self-officiated. All roster and fees will be due upon registration. This is also a great way for businesses to build team cohesiveness, so get your team signed up today!

**1820.108** Th, 23-Sep to 2-Dec 6:00 PM - 9:00 PM  
New Walker Grant Gym \$125 per team  
Registration Begins: 8/24 City 8/31 Non-City

If you do not have a team, but would be interested in playing, call 372-1086, ext. 204 and we will make your name available to teams looking for players.

## Turkey Bowl Classic 2010

### Flag Football

(Ages: 18 & over) Show your skills and defend your team at this double-elimination regional flag-football tournament! Winners get T-shirts and trophies. Ages 18 & over. For more information please call Jason at 540-372-1086 ext 204.

**1820.500** Sa, 27-Nov 9:00 AM - 4:00 PM  
Old Mill Park Fields \$150 per team  
Registration Begins: 8/21  
Deadline 11/12 \$50 late fee after 11/12

## Co-ed Kickball League

(Ages: 18 & over) Kickball is all about fun in the sun, but that's not all you get when you play with us. In addition to acting like a grade-schooler again teams will get a Team ball, up to 12 Team shirts and be invited to the league playoff to round out the season. Teams will play at least 6 regular season games as well as playing in a single elimination seeded playoff at the end of the season. All that's left is coming up with a great team name and figuring out which of your closest friends you want to do battle with! Games played on Saturday.

**1620.412** Sa, 11-Sep to 30-Oct 9:00 AM - 1:00 PM  
Snowden Baseball Fields \$125 per team  
Registration Begins: 7/6  
Deadline: 8/27 \$50 late fee after 8/28

## Family Fitness

(Ages: 3 & over) Fitness the whole family can do! We're mixing it up each week with a variety of formats including kickboxing, yoga, Zumba, Obstacle courses, and more! What could be a better way to promote a healthy lifestyle than exercising as a family? Now is your chance to get the whole family involved!

**2060.200** Sa, 11-Sep to 2-Oct 10:00 AM - 11:00 AM  
**2060.210** Sa, 9-Oct to 30-Oct 10:00 AM - 11:00 AM  
**2060.220** Sa, 6-Nov to 4-Dec 10:00 AM - 11:00 AM  
Community Center Instructor: Wanzer, Nancy  
\$30 City Family, \$35 Non-City Resident Family  
Drop In: \$10 per Family  
(Family for registration purposes consists of 1 parent/guardian w/ one child - 2 parents/guardians w/as many as 3 children. Additional fee of \$5/child for more than 3 children)  
Registration Begins: 8/24 City 8/31 Non-City

## Dodgeball Tournament

(Ages: 16 & over) Dodge, duck, dip, dive and dodge! The goal is to have fun! Teams consist of 6-10 players and are open to both men and women.

**1820.900** Sa, 13-Nov 9:00 AM - 6:00 PM  
Hugh Mercer Elementary School  
\$125 per team  
Registration Begins: 8/24 City 8/31 Non-City

# GROUP FITNESS PUNCH CARD PROGRAM



(Ages: 15 yrs and older)

Group Fitness classes require a Group Fitness Punch Card. These cards allow you the flexibility to choose and try any and all fitness classes. Take a look at our schedule of classes to see what fits your busy schedule and stop in to purchase your card to good health today! Class times are subject to change. All fitness classes are 50 minutes in length and on-going with no specific start date unless otherwise stated in class description. Classes held at the Dorothy Hart Community Center. Please call for questions prior to attending your first class.

## GROUP FITNESS PUNCH CARD FEE SCHEDULE:

*Group Fitness Punch Cards expire 30 days from purchase and can only be acquired in person at the Dorothy Hart Community Center.*

**30 Day Pass (Unlimited Classes)** \$40 City, \$45 Non City Resident  
**Flex Punch Card: 12 punches** \$35 City, \$40 Non City Resident  
**8 punches** \$30 City, \$35 Non City Resident  
**Drop in Fees:** \$5

## Strengthen, Tone & Sculpt

If you want strong bones and to build muscles that burn fat, then come join us. We work on our entire body - upper body, lower body and abs, utilizing free weights, flexball, exercise tubes and more for a total body shaping experience.

**\*Use with punch card - 1 punch**

**M, W 6:00pm - 6:50pm**  
**Instructor: Pam Wrobel, ACE & CPR cert.**

## Beginner Pilates

Pilates is for all ages and genders! Most body aches and pains are due to muscular imbalance. Pilates strengthens the muscles that support the spine (the neck, shoulders, abs, hips and thighs), helps to realign the spine, and strengthen the body from the inside out. This class will focus on activating deep muscles while helping tone, streamline and improve your posture through the emphasis on body conditioning, core muscle training, and flexibility.

**\*Use with punch card - 1 punch**

**M, W 12:30pm - 1:20pm**  
**F 11:30am - 12:20pm**  
**Instructor: Cheri Bryan, CPFI certified**

## Step Aerobics

This high-energy class will challenge any step enthusiast with an aerobic-paced "warm-up", step excitement and right through the toning-oriented "cool down". It's a fast-paced, nonstop program packed with interesting choreography and upbeat music. Tammy's energized style will keep you motivated but not frustrated. Come join this fun class. You'll pack maximum fat burning into even the busiest schedule.

**\*Use with punch card - 1 punch**

**T, TH 6:30pm - 7:20pm** **Instructor: Tammy Esteppe, ACE & CPR certified**

## Strength & Stretch for Active Older Adults

This unique strength-training program is specifically geared toward the Active Older Adult. This class utilizes weights, combined with isometric training and stretching. Strength training can greatly improve one's quality of life at any age. We'll end class with relaxing stretches, which will help improve flexibility and also reduce stress. A perfect way to end your workout!

**\*Use with punch card - 1 punch**

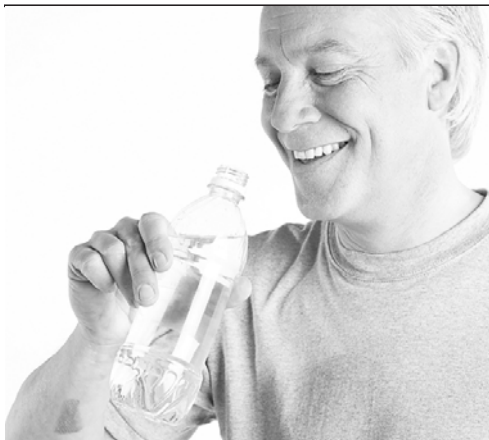
**T, TH 1:00pm - 1:50pm** **Instructor: Theresa Powel**

## Early Morning Sculpt & Tone

Start your day off guilt free with this early morning workout. Pam will get you moving and feeling great with a total body workout. A super way to get your workout in before you find an excuse. You'll find you have more energy throughout the day, and be glad you got out of bed in time to get in shape.

**\*Use with punch card - 1 punch**

**M, W, F 8:10am - 9:00am** **Instructor: Pam Wrobel, ACE & CPR cert.**



## Senior Fun Fit Chair Workout

(Ages: 18 & over) A fun-filled class of gentle flexibility exercises to improve range of movement and strength training exercises to enhance overall muscle tone, bone density and balance. An effective exercise class without the harsh stress on muscles and joints. Classes offered for men and women of all fitness levels. This is a seated chair class w/ option to stand using chair for support for some exercises. Please bring water and a light set of weights. No Class 9/6 and 10/11.

**2020.300** M W, 6-Sep to 20-Oct 10:30 AM - 11:30 AM  
**2020.310** M W, 25-Oct to 1-Dec 10:30 AM - 11:30 AM  
Community Center Instructor: Wanzer, Nancy  
\$50 City, \$55 Non-City Resident Drop In: \$6 per class  
Registration Begins: 8/24 City 8/31 Non-City



## Fitness & Dance

### Zumba Gold: For Active Older Adults

(Ages: 16 & over) A workout geared toward the active older adult so fun you'll forget you're working out! Zumba Gold is the name of the game and a Latin infused dance party is the game. This class mixes energizing music and easy to follow dance moves with some toning. No dance skills required just a desire to have fun and burn calories! No Class 11/25



**2020.200** Tu Th, 19-Oct to 30-Nov 10:00 AM - 11:00 AM  
Community Center Instructor: Perussel, Diana  
\$50 City, \$55 Non-City Resident  
Drop In: \$6 per class  
Registration Begins: 8/24 City 8/31 Non-City

**NEW!**

### Yoga

(Ages: 14 & over) Work at your individual level as the instructor guides you through a series of standing, seated, and lying postures. This class will improve your strength, flexibility, and concentration. Appropriate for those new to Yoga and those familiar with traditional poses. Modifications will be shown for those with knee, hip, shoulder, or other issues. Bring water and a mat.

**3345.400** Tu Th, 7-Sep to 14-Oct 7:00 PM - 8:00 PM  
**3345.410** Tu Th, 19-Oct to 30-Nov 7:00 PM - 8:00 PM  
Suite 102 Instructor: Bridges, Courtney  
\$50 City, \$55 Non-City Resident  
Drop In: \$6 per class  
Registration Begins: 8/24 City 8/31 Non-City

### Isshynru Karate

(Ages: 8 & over) A super program for adults and children alike (you must be at least 8 years old) to help develop coordination, muscle tone, and self-confidence. Mike does more than teach the basic karate movements; he also works on discipline and respect for others. It's a fun, inexpensive way to experience all the value of a martial arts program. And parent, you can take it with your kids - you'll both have fun, and learn something too!

#### Evening

**2530.112** M W, 13-Sep to 25-Oct 6:00 PM - 6:50 PM  
**2530.111** M W, 1-Nov to 13-Dec 6:00 PM - 6:50 PM

#### Saturday

**2530.115** Sa, 30-Oct to 11-Dec 10:00 AM - 12:00 PM  
**2530.116** Sa, 18-Sep to 23-Oct 10:00 AM - 12:00 PM

Community Center Instructor: Morton, Mike  
\$35 City, \$45 Non-City Resident  
Registration Begins: 8/24 City 8/31 Non-City



### Sunrise Yoga at Alum Spring Park

(Ages: 14 & over) Work at your individual level as the instructor guides you through a series of standing, seated, and lying postures. This class will improve your strength, flexibility, and concentration. Appropriate for those new to Yoga and those familiar with traditional poses. Modifications will be shown for those with knee, hip, shoulder, or other issues. Bring water and a mat.

**2610.401** Sa, 11-Sep to 16-Oct 8:30 AM - 9:30 AM  
**2610.411** Sa, 23-Oct to 27-Nov 8:30 AM - 9:30 AM  
Alum Spring Park Instructor: Bridges, Courtney  
\$30 City, \$35 Non-City Resident  
Drop in: \$7 per class  
Registration Begins: 8/24 City 8/31 Non-City

### Adult Beginner Tennis

(Ages: 16 & over) This class is for beginning tennis players who have little or no experience, or those players who have been away from the game for a bit too long. We'll walk you through the basics and get you psyched for the game of tennis. Pick up a racquet and join the fun!

**1730.111** M W, 11-Oct to 27-Oct 6:00 PM - 6:50 PM  
MemorialPark Tennis Courts Instructor: Canizares, Art  
\$35 City, \$45 Non-City Resident  
Registration Begins: 8/24 City 8/31 Non-City

### Adult Intermediate tennis

(Ages: 16 & over) For those students who have completed Beginner Tennis, or those adults who have tennis experience but need some additional instruction. This class will work on game strategy and doubles play, as well as helping you to develop more strokes.

**1740.115** M W, 11-Oct to 27-Oct 7:00 PM - 7:50 PM  
MemorialPark Tennis Courts Instructor: Canizares, Art  
\$35 City, \$45 Non-City Resident  
Registration Begins: 8/24 City 8/31 Non-City



## Fitness & Dance

**HELP SAVE  
OUR FLOORS!**

**Please wear soft-soled shoes when  
taking dance classes at  
the Community Center.**



### Salsa Dance Lessons

(Ages: 16 & over) Everything you need to know to feel confident on the dance floor! Each class will begin by breaking down the basic steps and turns individually, and then will move into partnering. We teach you how to be a strong leader and a smooth follower. Each week you will learn new moves you can try on the dance floor, as well as creative ways to combine them and mix them up. Increase your salsa vocabulary so you and your partner are never bored, even if you are just beginning. Please wear SOFT-SOLED shoes.

**3310.100** F, 8-Oct to 29-Oct 7:00 PM - 8:00 PM  
Community Center Instructor: Travis, Timothy  
\$35 City, \$45 Non-City Resident  
Registration Begins: 8/24 City 8/31 Non-City

### Tai Chi & Meditation

(Ages: 16 & over) Tai Chi is the Chinese health exercise used to cultivate a peaceful mind and healthy body. The instructor studied with Da Liu, a Master who introduced Tai Chi to this country. He studied with Da Liu for five years and has practiced since 1980. Sitting Meditation and Chi Kung Health Exercises are covered as a compliment to Tai Chi. Advanced students learn the long version of the form and Push Hands, a Tai Chi partner practice.

**4444.103** W, 8-Sep to 15-Dec 6:30 PM - 7:30 PM  
Suite 102 Instructor: Riley, Dr. Charles  
\$90 City, \$95 Non-City Resident  
Registration Begins: 8/24 City 8/31 Non-City

### Beginning Swing/Jitterbug

(Ages: 16 & over) Don't waste time watching! Get up and enjoy the music. Learn the basic steps of Jitterbug or Swing. Leonard will show you the basic patterns, turns, routines, and skills to be the best-looking couple on the floor. You'll be hooked on Swing and dancing to all those Big Band Sounds as well as the music of the 50's and 60's. The way Swing dancing has caught on, don't you think you should catch on to Swing? It's the most popular music for dancing! Only a limited number of singles will be accepted. Wear SOFT-SOLED shoes.

**3340.104** W, 8-Sep to 6-Oct 7:00 PM - 8:00 PM  
Community Center Instructor: Mara, Leonard  
\$40 City, \$52 Non-City Resident  
Registration Begins: 8/24 City 8/31 Non-City

### Ballroom Dance Lessons

(Ages: 16 & over) A great way to do something together, while learning in an informal atmosphere. This is an introduction to the basics of dancing which allows the student to gain confidence in his or her ability on the dance floor. Basic step patterns include the Fox Trot, Waltz, Cha-Cha, Rhumba, Merengue, Salsa and Swing. Only a limited amount of singles will be accepted. Wear SOFT-SOLED SHOES.

**3310.101** W, 8-Sep to 6-Oct 8:00 PM - 9:00 PM  
Community Center Instructor: Mara, Leonard  
\$40 City, \$52 Non-City Resident  
Registration Begins: 8/24 City 8/31 Non-City

### Round Dance

Round Dancing is a fun, social activity, where couples dance synchronously in a circle around a dance hall to cued choreographed routines. Singles and "2-left feet" people are welcome! Please wear soft-soled shoes for dancing ease.

**Meets Weekly, Mondays, 7:00pm - 9:00pm**  
**\$6 City or Non-City drop in per class**  
**Dorothy Hart Community Center**  
**Instructors: Joe Dungan**  
**Registration is ongoing. Just show up to get started.**

### If Dancing is a Family Affair...

Check these pages for our NEW Children's Dance Classes!

**Children's Variety Dance Class** Page 9  
**Firecracker, Sparkler & TNT Dance Classes** Page 9  
**Starfires Dance & Cheer Classes** Page 7

# Fitness & Dance

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## Belly Dance Basics I w/ Anthea

(Ages: 12 & over) For Fun or Fitness! "Belly-robics" warm up. Introduction to Anthea's unique and effective teaching method. Basic isolations and step patterns in combinations get you dancing right away. No experience necessary.

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**3722.114** Th, 9-Sep to 30-Sep 7:30 PM - 8:30 PM  
**3722.117** Th, 7-Oct to 28-Oct 7:30 PM - 8:30 PM  
**3722.118** Th, 4-Nov to 18-Nov 7:30 PM - 8:30 PM  
**3722.219** Th, 2-Dec to 16-Dec 7:30 PM - 8:30 PM  
Community Center Instructor: Poole, Anthea  
Sept & Oct Classes: \$37 City, \$48 Non-City Resident  
Nov & Dec Classes: \$28 City, \$39 Non-City Resident  
Registration Begins: 8/24 City 8/31 Non-City

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## Intermediate Belly Dance

(Ages: 12 & over) Continue from Basics II. For the dedicated dancer, home practice required. Wonderful opportunity to study with a nationally known teacher and performer. Develop advanced technique and skills including Finger Cymbals. Enroll by instructor approval.

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**3722.120** W, 8-Sep to 29-Sep 7:00 PM - 8:00 PM  
**3722.123** W, 6-Oct to 27-Oct 7:00 PM - 8:00 PM  
**3722.125** W, 3-Nov to 17-Nov 7:00 PM - 8:00 PM  
**3722.226** W, 1-Dec to 15-Dec 7:00 PM - 8:00 PM  
Community Center Instructor: Poole, Anthea  
Sept & Oct Classes: \$39 City, \$50 Non-City Resident  
Nov & Dec Classes: \$30 City, \$41 Non-City Resident  
Registration Begins: 8/24 City 8/31 Non-City

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## Belly Dance Basics 2 w/ Anthea

(Ages: 12 & over) Continue from Basics 1 for more fun or fitness! "Belly-robics" warm up. Foundation topics include: Oriental choreography; Tribal Odyssey Level 1. Enroll by instructor approval.

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**2722.133** Th, 9-Sep to 30-Sep 8:30 PM - 9:30 PM  
**2722.135** Th, 7-Oct to 28-Oct 8:30 PM - 9:30 PM  
**2722.136** Th, 4-Nov to 18-Nov 8:30 PM - 9:30 PM  
**2722.237** Th, 2-Dec to 16-Dec 8:30 PM - 9:30 PM  
Community Center Instructor: Poole, Anthea  
Sept & Oct Classes: \$37 City, \$48 Non-City Resident  
Nov & Dec Classes: \$28 City, \$39 Non-City Resident  
Registration Begins: 8/24 City 8/31 Non-City

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## Classes fill on a first-come, first-served basis. Don't wait...register today!

Register for all classes at the Dorothy Hart Community Center. We accept registrations in person, by mail, by fax or online.

## Advanced Belly Dance

(Ages: 12 & over) Continue from Intermediate. For the dedicated dancer, home practice required. Choreography, composition; in-depth music and rhythms. Enrollment by recommendation of the instructor.

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**3722.124** W, 8-Sep to 29-Sep 8:00 PM - 9:00 PM  
**3722.128** W, 6-Oct to 27-Oct 8:00 PM - 9:00 PM  
**3722.129** W, 3-Nov to 17-Nov 8:00 PM - 9:00 PM  
**3722.231** W, 1-Dec to 15-Dec 8:00 PM - 9:00 PM  
Community Center Instructor: Poole, Anthea  
Sept & Oct Classes: \$39 City, \$50 Non-City Resident  
Nov & Dec Classes: \$30 City, \$41 Non-City Resident  
Registration Begins: 8/24 City 8/31 Non-City

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## Beginners Low Impact Line Dance Class

(Ages: 16 & over) Yes, you can line dance! Basic line dance steps are taught through low impact line dances and beginner moderate line dances. No partner is necessary! A wide variety of music is used, such as: Country, Ballroom, Latin, and Swing. Step variations taught when needed. Wear light comfortable clothes and tennis shoes.

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### DROP-IN ANYTIME!

#### Fridays

**12:00pm - 1:00pm** Beginners Low Impact

**1:00pm - 3:00pm** - Moderate & High Impact

**\$4 City or Non-City Resident drop in per class**

**Call for location**

**Instructor: Linda Conlin**

**Register on a weekly basis.**

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## Moderate/Advanced Line Dance for Active Dancers

(Ages: 16 & over) Welcome former line dancers and active exercisers! At 1 pm, we turn up the beat in the music and add multiple turns to our line dances. At approximately 2:15 pm even more fun and complex dance patterns are introduced. Come exercise with fellow line dancers and enjoy some of your favorite music. We teach and dance new top 10 dances as well as the favorite oldies! All dances are reviewed and called as needed. Optional line dance warm up time or brush up on steps from 12 to 1 with the beginner low impact class.

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### DROP-IN ANYTIME!

#### Fridays

**1:00pm - 3:00pm**

**\$4 City or Non-City drop in per class**

**Call for location**

**Instructor: Linda Conlin**

**Register on a weekly basis.**

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